

## Abstract

**Title:** Critical evaluation of taping methods with focus on its effects.

**Objectives:** Purpose of this diploma thesis is critical evaluation of taping methods with concentration on its effects. Evaluation, comparison of contradictory statements and obtained information will be done based on a study and analysis of literature and scientific studies regarding taping methods and its efficiencies. On this base, final conclusions about real efficiency of taping will be made.

**Methods:** In this diploma thesis, which is a critical review, document studies method will be used, along with analysis of professional scientific sources and their comparison.

**Results:** The sport tapes (solid and elastic) and the kinesio tapes may participate on the possible mechanisms of the taping method effect. The various kinds of the tapes are different in the consequences of its effects. For lack of good scientific studies we can not clearly objectify the method of the taping.

**Keywords:** taping, taping methods, taping efficiency, knesio taping, benefits of taping, prevention, critical review, proprioception, scars.